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appropriations.

The Torrens System.

The Torrens land registration system is one of those things opposed by few and yet never adopted. For years nearly all in Virginia have agreed that the reform is a good one and should be put into operabut there have been too few who actively favored it. Lack of opposition gets a measure nowhere. What is needed is affirmative action. The State Bankers' Association, in session Thursday, indorsed the Torrens system, and will work for its enactment by the General Assembly. Let other organizations take similar action, and success is certain and

The Columbia State says Jack London knows as little about Mexico as he does about John Barleycorn. When experts speak others do well to keep

A Weak Surrender.

mier Asquith. It had seemed to us of the spoils system. that audience should have been

R thinks the United States is to a practical man is, of course,

Lee as College President.

old students under General Lee "saw tion of the services of seasoned men.

a Lee that not even his soldiers saw."

Other countries bandle the probences with General Lee at Lexing- minimize the undoubted evil. ton knew another Lee, and a history of that short but important period a distinct contribution to the blog- own whiskers. raphy of Lee. Isn't there one alile and willing to do it?

dent, Villa and Carranga will.

Individual Responsibility We hear much these days of social service and social responsibility and of various other ideas and duties wherein the mass is everything and the individual nothing. and it is well sometimes to stop to consider the part of the ordinary person, to think in the singular occasionally. Take this matter of typhoid fever, for instance. The work of the social body, represented by the Health Board, is, of course, the work of us all, but there is work the board cannot do, but which can be done by the individual. Virginia is remarkably free from typhoid just now, according to the Health Board's latest report, but it will not always be free unless the individual does his share. A greater sense of personal responsibility would improve even the present highly pleasing condition, for a greater sense of personal responsibility would keep our premises clean. There is work for the State and work for the community, but there is work also for each citizen. Keep your own backyard clean of filth, of fly-breeding, which is typhoid-spreading, matter, and typhoid will be a thing almost unknown this summer.

States any more.

What Says the Virginia League? Richmond at last has the opportunity to see higher class baseball. It has the opportunity to put a team in the International League, and. were results dependent solely upon this city, it would be represented there before the close of the 1914 season. It does not rest altogether with us, however, and we must wait upon the good will of the other

cities of the Virginia League. Lovers of baseball in Richmond

The Times-Dispatch have made all other arrangements for the transfer of the franchise of one of the other International League clubs to this city; they are ready with the necessary money. They want now only permission from the other clubs of the Virginia League to depart in peace, and this permission they have strong hopes of securing, for have not those clubs maintained that more money can be brought into their coffers by playing outside of Richmond than by playing here? Have they not adopted an "equitable" schedule, whereby Saturday games are to be played in Norfolk, or Petersburg or anywhere rather than in Richmond, and do they not argue that financial gains result from the operation of this policy? Now that they are offered

If consistency be prized by the other Virginia League magnates: if they will yield to their own logic, like Wilson. and if they will prove themselves too magnanimous to assume the role of the dog in the manger, a Richdermals might suggest to the next of the dog in the manger, a Rich-depend Assembly the advisability of mond club in a higher league will be assured.

The advantages to Richmond of such a consummation are obvious. Betters baseball for the fans-and most of us are fans-wider advertisement and a recognized position among cities, which, through ignorance of this city's growth, have given us a position lower than our size and deserts justified, will be ours. The change will be to the advantage of all concerned—to the Virginia League, according to the opinion its managers have acted upon, and to produce the concerned of the product of the concerned of the product of the product of the concerned of the product of the pro Richmond. Richmond is ready. Is the Virginia League?

Throwing Perkins out of the Propressive party is like throwing the box office out of the theatre.

Diplomatic Careers,

The Senate will do well to stand pat upon its position in voting to place on the civil service list the commercial attaches to our embassies and legations. These posts have The right of petition is a sacred only recently been created. They right of a democracy, and we have may be of tremendous importance to always had sympathy with those the nation. It would be hardly short English women who demanded and of a calamity if they were permitted have been refused a hearing by Pre- to fall into the devastating turmoil

As a matter of fact, The Timesgranted in the beginning. Only harm Dispatch would like to see the civil can come, however, of Asquith's final service principle extended to many onsent under pressure. By surren- other phases of our foreign service. dering to threats and rioting and It may be impractical, under our arson he has given encouragement to party system, to place the highest the suffragettes and to other crimi- diplomatic positions in the classified nais. Either he should have granted audience when first asked or denied it until militancy had been stamped out.

Gut.

diplomatic positions in the classified service. But the lesser ones, such as diplomatic and commercial attaches, should thus be lifted above the seashore? Or is the News-Record out. nals. Either he should have granted service. But the lesser ones, such the insecurity and vicissitudes of politics.

As it is now, the poor but ambiidealism, tious young man who contemplates tious young man who contemplates a diplomatic career is at a hopeless disadvantage. He has little or no musical comedy any more. surety that he will not be detached A suggestion of value may be found in the remark of Secretary of the Navy Daniels at Washington and Lee University Wednesday, that the Lee University Wednesday, that the vicious, in that it deprives the na-

Other countries handle the prob-Much has been written of the milli- lem with more sense and science. tary career of the great Southern Young men are encouraged to enter ftain, and appreciations of his the diplomatic field. Once within, character from the pens of those their progress is determined only by who knew him on the battlefield their ability. While personal polihave been numerous and inspiring, but little comparatively has been written of his work as college president. "The old boys" who wrote Sceretzev Daniels of their experi-Secretary Daniels of their experi- the President show a tendency to

Villa and Carranza may part their of his life by one of them would be ways, but the first chief will part his

Wilson on the Stump.

. President Wilson already has indi-Mexican delegate might remember that if the mediators do not allow a Constitutionalist to be Provisional Presitake the stump in the doubtful spiration in the broad amphitheatre of States. Considering that he is a particularly effective campaigner, his presence in any bailtwick will be of can't know how to labor. There is no value to whatever candidate he advorest like that which is earned after

> There are reasons to believe that the elections this autumn will be of critical significance to all three parties. The past few months there has been in evidence sparring for advantage in Congress. Many of the stands taken on the toll bills brought out this fact. If Congress gets as far as antitrust legislation, the tendency to jockey in the partisan sense is likely to be still farther displayed. The Colonel feels the balloting in November must have an influence on his political future. It is anything. with him, to head off Wilson. The G. O. P. standpatters are divided be-tween lust for the Colonel's scalp only chance for recreation and amuseand reluctance at swallowing him in exchange for a chance to "come exchange for a chance to "come countries where the Saturday half-heli-back." The interest of the Demo- day is the rule, it fails to have the decrats in holding their own is mani-

it is not strange under these conditions that all three parties should be girding up their loins, and that both Wilson and Roosevelt look with contemplative eye toward the stump. The Times-Dispatch has no fear as to the outcome, provided Congress "Roosevelt thinks the nation needs displays moderate sanity from now m." Not as President of the United on. Certainly, whatever betides, we are going to have a spectacular and perhaps embittered series of cam-

> India last year imported \$2,745,000 orth of matches. Every June bride snows one worth more than that.

What Wisconsin can do New York World. Don't know what it is, but it can't gag Bob La Follette. surprise them, when they don't expect it.-Roston Advertiser.

We don't hear anything about the averable balance of trade when export polo cups.

Give to the ice fund now.

Wayside Chats With Old Virginia Editors

"Who was it that put the go in tango?" asks the Staunton News. Never mind, if it is gone, be satisfied and ask no questions.

Houston editor seeks diligently to create the impression that he is under fifty years of age, but the editress of the Orange Observer will bear testimony to the Observer will bear testimony to the fact that he was at the work of editing when she was learning her A B

"A man who never argues with a woman misses half the battles of life," sagely observes the editress of the Gordonville Gazette. And he misses ilso half of the defeats.

"It looks now like Wilson would be more cordially hated by his own party at the end of his term of office than Grover Cleveland was at the end of his second term." This gem, of purest ray serene, is published in this column so that all who may not have seen that all who may not have seen it may laugh with us. No; we won't tell on the man who wrote it, and don't ask us what "it" is that looks

"And it looks now very much like Washington will have to consent for Huerta to select and install his own successor," says the Marion American, which finds that "it" doesn't look like Wilson, but like Washington. What a versatile old cuss this "it" thing is! a versatile old cuss this "it think in But why did the American say, as it seems to have meant to say, that Washington will probably have to let Washington will probably have to let Huerta select his own successor? Of course, the American knows that it isn't so.

The Williamsburg Gazette is from precinct was reached with the ballots and the pollbooks. If this neglect was intentional, and done to injure was intentional, and done to injure Congressman Mentague, who is strong in this section, it was reprehensible. It was wrong to do it for or against either candidate. We hope that a live man will be put at the head of the district committee. Of course, there may be some mistake, but if this ne-glect was done with an ulterior motive, the person or persons responsible ment of square Democrats." The Gazette is right. An explanation is due from somebody. Let's have it.

"We like the editorials in The Times We like the entermist it was the Dispatch under the new regime," says the Farmville Herald, "Short and sweet, striking and happy." Epecially "sweet"—as sweet as Virginia's w.

"The fining of a score or so of bathers at Coney Island for wearing immodest suits," says the Harrison-burg News-Record, "ought to have a good effect on that sort of thing here-after," and then adds: "It is not re-ported, but we presume the bathers were mon." Why? Is there anything

From the way in which the esteemed editor of the Norfolk Virginian-Pilot

ald Courter.

"The genuine Christian, then, is only to be found where there are no neigh-bors with barking dogs."--Chattanooga

ulne Christians, as the introduction of a few barking dogs into the neigh-borhood would quickly prove."—Bristol Herald Courier.

That doesn't follow. Look at us, for

THE PUBLIC PULSE

Editorial Expressions from Leading

Get Next to Nature. The man who doesn't care for fresh air, the sea, the rolling hills green valieys and streams or the perfumes of summer woods, who can find no in-

has a kink in his mental makeup. If you don't know how to loaf, you work well done, and there is no work

State Journal.

The Saturday Hollday.
A four-hour Saturday in the summer season, from June 15 to September 15, is assured Federal employes by order recently signed by President Wil-sen. This establishes in government offices, for the present year at least, the Saturday half-holiday for which social workers have been contending.

Churchmen, who view with alarm the growing tendency to make of Sunday a holiday for pleasure rather than a day of religious observance, have favored the Saturday half-holiday, in the

However, in a number of European Fired effect on Sunday observances. The Continental Sabbath is notoriously a day given over to the gayest of pleas-

This great and prosperous country might continue to prosper if its workers labored but five and a half days each week, but conditions of competition make it impractical for one employer to establish the rule unless his rivals make similar concessions.

President Wilson's order may be fol-lowed by private business concerns and hasten the arrival of the Saturday half holiday in America. But that this will increase religious fervency is too much to expect. Plety seems to flourish with poverty. -Sloux City Tribune.

He'll Come Back. The British may think that they hous are through with Mr. Oulmet, but he cake is likely to go back to England and too?

The Colonel says he will have to do a little work for Hiram Johnson in California, but intends to devote his campaign efforts chiefly to New York. Apparently Finchot's candidacy is reded as hopeless .- Kansas City Jour-

Voice of the People

Back to the Land.
To the Editor of The Times-Dispatch:
Sir.—We looked with horror and mazement at Scar's cartoon in last Sunday's Times-Dispatch, depleting the need of ice in the homes of the poor, while it is being delivered in abundance to the homes of the well-to-do. It is the saddest pleture that has appeared in The Times-Dispatch.
We have heard much of the horrors

of the French Revolution, but we hear little as to its cause. The most inhittle as to its cause. The most in-famous injustice, systematically es-tablished by law, excites little or no indignation, while the popular reaction consequent on that injustice is brand-ed with every epithet that language can supply.

can supply.

Bring out your social remedies (the one now called for is charity). They will fail; they will fail; every one, until each man has his feet somewhere, somehow, upon the soil.

Poverty in the midst of plenty, Behold! Economic slavery of workers under capitalistic organization—and the mass knowledge of it. Squalor and misery in all our big cities, with their rims of flaunting affluence—and the mass gazing at it. (We have no leed in the country places—no need of it—life to t mass gazing at it. (We have no ice in the country places—no need of it—neither have we abject poverty.) The desperate struggle of all, with the power of the ruling classes—for many years yet to come—diverting mass intelligence from the cause of this poverty, and perverting mass ignorance. Is not this mass intelligence a thread on which mass ignorance is powdering a fuse leading toward seated on the country of the country o

on which mass ignorance is powdering a fuse leading toward social explosion? Heaven forbid.

Can we not see the weggisome and the tragic stupidity of the cupidity of both classes and masses? There are visions of fields of abundance—just beyond our reach. We hope for health, for homes, for love, for wholesome pleasures; our hopes die a-borning These things are just beyond the stifling treadmills and marts of stress and strain; and the masses are ofand strain; and the masses are of-fered a hope for a blessed future life beyond the grave, while man's most ardent longing is to be free and happy

ere below. Back to the land! Back to the land. What is it that is urging so many of us back to the soil? It it not as though an instinct of safety from coming storm is pressing the people on? The landless man and the manless land must be brought together. All taxes must be removed from industry and human energy. The earth belongs to must be removed from Industry and human energy. The earth belongs to the poople: "the earth," sings the Psalmist, "has God given to the children of men." But with such heavy taxes on implements of husbandry and such light inxes on the manless land, the way to the soil is still beset with difficulties. And the earth still drops fatness for all the children of men. Each to the land."

fatness for all the children of men. Back to the land:

It is about time that we sell began to realize that no success in the making of steel or flour or books can atone for the failure in the making of men. If we lack sympathy with men and women struggling for economic freedom—however, crude the warfare—we can scarcely be the true children of those who fought and died to secure civil and religious freedom.

Pilkinten, Va., June 18, 1914.

"Pressure of the irritating wax on Arnold's branch of the pneumogastric nerve," explained the doctor. "Same effect as irritation in the throat or the chest, you know—same nerve supplies both places."

"And how about some cough medicine?" asked the patient.

"You wen't need any," said the ductor.

And he didn't.

Questions and Answers.

Pilkinton, Va., June 18, 1914.

How Women Choose. To the Editor of The Times-Dispatch: Sir.—If women had the vote they would pick candidates for just such illegical reasons as those advanced by Mrs. S. B. H. in your issue of Wednesday. The nicest man would get their votes, and if his second cousin cleaned his teeth and consulted a manicurist every day he could be elected head of the Street Cleaning Department.

J. S. J.

Richmond, Va., June 19.

Another View.

To the Editor of The Times-Dispatch: Sir,—If Mrs. S. B. H. will attend a meeting of the Equal Suffrage League will hear discussions of essentials and not of the refinements, or lack, in unnamed individuals. I will attend a man's meeting she

June 19, 1914.

"Proving" Had Business.

To the Editor of The Times-Dispatch: Sir,—When trust magnates who, having broken the law and desiring to break it again, must spend thousands in a campaign to prove the country to be in the threes of business troubles and have to distribute literature to distribute literature to

and have to distribute literature to prove to people that they are not prosperous, the trouble must be psychological. If it were real and as bad as those engaged in "accelerating public opinion" tell us, we would know it before they did. COMMON SENSE.

Norfolk, Va., June 17, 1914.

All of Them.

To the Editor of The Times-Dispatch:
Sir.—Referring to Dr. Brady's Health
Talk, under the caption "Bovine Tuberculcsis in Children" in your Issue of
June 16, kindly inform me through
your columns the names of local dairymen selling milk known to be free
from tubercle bacilli.

ANXIOUS MOTHERS

Richmond, Va., June 18, 1914. (Under stringent regulations existing, it is impossible for any impure mill: to be sold by any Richmond datrybetter done than that which is en-joyed after a little idleness.—Topeka known widely for its purity.—Editor.)

The Bright Side

A Heated Conversation.

I cried, resolved to chance her, "There are words I burn to say!" Then she made this cryptic answer, 'All right, Charlie; blaze away -Judge.

He Found Him.

In a class of twelve boys one of them had broken a school rule, but none of them would own up to being guilty or tell on the one they knew

had committed the offence.
"I will thrush every boy in the class until I find the offender!" ennounced So he began and whipped eleven of So he began and whipped eleven of them. When he reached the last boy he said: "Now, if you tell me who did this I won't thrash you."

"All right, sir," was the quick an-swer. "I did it."—National Monthly.

In Hilding. "Hips are coming in again."
"Hurray! Now mother can come back from Europe."—Judge.

Literally. "Boozer always creeps nights in his stocking fee."

"Afraid of his wife, ch?"
"Scared out of his boots."-Boston What He Needed Most. Ragged Rogers—De lady in de next house give me a piece of home-made cake. Won't you give me somethin',

Mrs. Spiteful—Certainly, I'll get you a pepsin tablet.—Boston Transcript.

Dr. Brady's Health Talks AN ELEPHANT COUGH.

He was a hustling young grocer, too busy to bother much about his health, but he developed a cough that began to get on his nerves. His friends each took a turn trying to "kill or cure" that cough, with only indifferent success At the end of a month he still had the cough, yet he was lively and well as ever.

'So he sneaked out one morning and slepped up to the doctor's office on the next corner. "Morning, doctor' Got anything good

for a cough?"
"Let's hear your cough," said the doctor.

The doctor went over him like grand-ma used to go over us with a fine-tooth comb. There wasn't a sign of trouble in the chest. Not an abnormal sound to be heard. The throat and nose were likewise negative. The doc-tor was puzzled—but being a good doc-tor he didn't say so. He simply told the patient to come in again next day for another examination, and this for another examination, and this scared the young man just enough to make him obey orders.

However, luck was with them both. For when the young man called next morning he had a new complaint "Ear gone bad—can't hear anything with it," bed twenty-four hours. After taking a warm bath at night and having pertaining a classification and the second of the second o

morning he had a new complaint. "Ear gone bad—can't hear anything with it," he reported. "Came on suddenly while I was taking a bath last night."

"Get up here in the chair," ordered the doctor. He turned on a light, donned a head mirror and peeked into the ear canal. "Have to wash it out," he amounced. And he took a syringe and wastn water and washed out, a problem. warm water and washed out a prodigious plug of hardened wax. Then, in wiping out the canal with a bit of cotton on a probe, he touched the wall—and the young man nearly coughed his head off. The doctor waited, smiling. When the coughing fit subsided, he again touched the spot. This time the cough was truly elephanting in charough was truly elephantine in char

E. P. (Cedar Rapids) writes: I am painter forty years old. Have had comething I call rheumatism in my eft shoulder for five years. Constant

left shoulder for five years. Constant pain under left shoulder-blade, sometimes extending down to the small of the back. It has disabled me for days at a time. Have catarrh of the head very badly for several years. Can you suggest anything for me? Years ago I had chronic urethritis.

Answer—Some of the possible causes: Neuritis of brachtal plexus of nerves in chest. Chronic inflammation of gall-sac. Gallstones. Chronic pleurisy. Chronic inflammation of pericardium—the heart sac. Bursitis of pad under tip of shoulder joint—in which case patient cannot raise arm outward from chest without increased pain. Localized result of some chronic pus-focus slons of essentials inchements, or their dividuals. If she meeting she will he personal built may call "catarrh." Localized infection hear discussions of the personal habits of the candidate and his whole family.

MADAME X.

may call "catarrh." Localized infection for caused by smoldering infection left cau gestions show how foolhardy it would be for the patient to experiment "rhoumatism cure" or with the a here offered, unless he is under care of an intelligent home physician

Dr. Brady will answer all questions face bleach. pertaining to health. If your question is of general interest it will be an-

It is now definitely ascertained that General Grant's entire forces have zone to the south side of the James, and his whole efforts are concentrated in one effort to capture the city of Petersburg, all hope of carrying Rich-mond by direct assault having been abandoned.

A cavalry reconnoissance through Charles City County on Friday devel-oped the fact that the rear of the ene-my's forces, consisting of a large body of mounted men, crossed the river at Westover that morning and the pre-vious night.

A dispatch from General Lee, dated Friday night, says: "Our troops as-saulted and carried our original lines near Bermuda Hundred, with slight loss on our part."

The enemy near Petersburg has com-menced the barbarous expedient of shelling the city without a moment's warning. So far their shelling has done but very little damage.

A column could be filled with accounts of the failing and exploding shells in Petersburg, and other columns could be crowded with graphic accounts of the heroism displayed by the good people of the city on the Appomattox. They are made of the true stuff, and there is abundant evidence that their city is not going to dence that their city is not going to fall into the hands of the enemy for a good long time yet.

The following is a list of the casual-ties in the Richmond Light Infantry lines, Company A, Forty-sixth Vir-ginia Regiment, in the battles near Petersburg:

Killed-Private E. W. Balchburn. Wounded-Captain Fred Carter, mortally: First Lieutenant C. P. Bigger, seriously in left shoulder; Second Lieutenant E. J. Lovy, flesh wound in leg; Orderly Sergeant Robert J. McDowell, Orderly Sergeant Robert Rob flesh wound in left thigh; Privates Henry Miller, W. D. Chesterman, James F. Watkins, Henry Place, W. W. Rush, James R. Medlicott, W. H. Timber-lake, Thomas Payne, Samuel A. Fray-

General Lee telegraphs from Peters burg to the Secretary of War as fol-lows: "A dispatch just received from New London states that an assault was Even Morgan Turns.

The son of the late J. P. Morgan has pretty good self-control, but things have come to the point where he feels compelled to rise and remark that this Mellen person is going too far.—

Kansas City Journal.

New London states that an assault was made on jour lines at Lynchburg last made on jour lines at Lynchburg last made on jour lines at Lynchburg last made to attack this morning, but the enemy retreated in confusion. Our troops are in pursuit."



all quick-leavening agents

Beautiful Rest BY LILLIAN RUSSELL.

[Copyright, 1914, by Lillian Russell.]

In this active life few people stop long enough to rest, and rest means recuperation. A doctor told me many recuperation. A doctor told me many years ago that if every busy woman would rest one whole day out of every two weeks she would never be ill, nor But would it not be better to have two weeks she would never be ill, nor

could. That rest does not mean simply remaining in the house receiving company, nor reading an exciting book, nor answering letters. To rest properly bed twenty-four hours. After taking a warm bath at night and having perfectly fresh linen put on the bed, and on one's self, sleep as long as possible, then upon awakening take another bath, and change all of the linen again. Eat a light breakfast, read a little, write no letters and see no company. Keep the room cool, and sleep as much as possible during the day. When you arise in the evening have a cold snown

Many women take such restful occasions to make up their household ac-counts, or sit at a telephone and gossip with their friends, or lie in bed and receive their women friends at tea. There is no rest in such actions. Real rest is relaxation of mind and body, and when both can be accomplished at the same time the best results will be attained.

of its medical terms human beings might make a beginning in the prevention of unfold suffering. This one be attained.

be attained.

Even perfectly well women owe it to themselves to take a whole day's rest occasionally. It is not a sign of weakness; it takes strength of mind weakness: it takes strength of mind to rest properly. Sitting up in bed is not rest, one should lie down in a sleeping position, and occasionally flat upon the back without pillows. That position allows the blood to circulate properly from head to foot. Keep the room as dark as possible, and try to drive all unpleasant thoughts or responsibilities out of your mind just for that one day. That is difficult to do, for when you are alone and relaxed the mind generally rushes to your responsibilities, turns them over, and dissects them. But this one rest day you must drive them away, and think only of pleasant things. You will be surprised how different all things will seem to you after resting the mind and body thoroughly. Things which seemed difficulties before will be rifles, and things that bored you will interest you affesh. interest you afresh.

Remember: People do not die; they

Lillian Russell's Answers.

under the happy to send you my treatment for physician.

I shall also send you a formula for

Miss M.: I know of no permanent

Is of general interest it will be answered through these columns; if not it will he answered personally if stamped, addressed envelope is inclosed. Dr. Brady will not prescribe for Individual cases or make diagnoses. Address all letters to Dr. William Brady, care of The Times-Dispatch.

What Was News

Fifty Years Ago

From the Elehmond Dispatch June 19, 1884.

It is now definitely ascertained that

Miss M.: I know of no permanent days for the lashes and brows. Vaseline will gradually darken them, but, of course, it will take some time. Care into the eyes.

Beatrles: If you will apply a good cold cream to your face before putting on the powder will not come off so easily, Apply a little cold cream to remain the powder will not come off so easily, apply a little cold cream with a soft cloth, and then apply the powder. If you will send me a stamped, addressed envelope I shall be happy to send you a formula for an astringent lotton for an oily complexion.

Miss M.: I know of no permanent which it is prefixed. The doctors use which it is prefixed.

Miss F. E. D.: You failed to send me your address, so I cannot send you the formulas you ask for. I shall do so as soon as I receive a stamped, do so as soon as I receive a stamped, Haven scandals.—Chicago News.

Sours

BY JANE EDDINGTON.

two weeks she would never be ill, nor would she grow old. I have always remembered that, and have followed the rule as faithfully as I possibly Would it not be better to have a headache, once for all, instead of a multiplication of headaches year after year because of an acid stomach? would it not be better to learn what foods are likely to cause this sort of suffering, instead of having sick headaches, vomiting and a great number of obscure ills? And would it not be better for the cook to learn that breads, in particular, may give the most trouble to acid stomachs if they

> the buman misery she can bring about in this one particular as most eaters are of the fact that if they make too much acid some of the foods they cat are turned into rocky things in their stomachs which really ought to be im-mediately ejected to save the intes-tines enormous labor and suffering.

The sour stomach is the greatest tructionist to digestion. It may The sour stomach is the greatest obstructionist to digestion. It may so hinder nourishment that only the smallest proportion of the food eaten is digested, and food not digesting is most pernicious stuff in our bodies. Some time, perhaps, there will be a little catechism written on this subject which every child will have to learn. If just one phase of this hu-man acid question could be stripped of its medical terms human beings we it ach, though this is but one of several days kinds of sour stomachs. Sour stomach in its widest sense is one that is mind always making more acid than is need-

The sour stomach is also the first the human being's experience. The baby has it. He learns about it in two ways apparently. The easy is the spewing and the hard way the colleky. A too sour stomach turns the curd of kill themselves, is the opinion of the milk into a rocky substance which is modern scientist. and grownups as well. People with too acid stomachs can take milk only

Anxious: If you will send me a stamped, addressed envelope I shall be happy to send you my treatment for pimples, blackheads and open pores. I shall also send you a formula for face bleach.

Lillian Russell's Answers.

Anxious: If you will send me a in certain combinations.

"Acidosis" is what the dictitians call the trouble of the sufferer from a too acid stomachs can take milk only in certain combinations.

"Acidosis" is what the dictitians call the trouble of the sufferer from a too acid stomachs can take milk only in certain combinations.

"Acidosis" is what the dictitians call the trouble of the sufferer from a too acid stomachs can take milk only in certain combinations. "Hyper" adds the idea of abnor-

Modern Inventions Thwart Doctor's Orders ONE OF THE DAY'S BEST CARTOONS.



-From the Philadelphia Record.